When I Stopped Practicing Piano My Stress Relief Was Enormous re: Keith Jarrett

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Tony Odarg October 23, 2020

I know how to play both piano and organ. No, they are not the same just because they both have keyboards. That like saying the flute and trumpet are the same because they both have a mouthpiece. I was always told by my grandmother before she passed away that she gave up practicing piano and regretted it forever. To be frank, I was never good at it. I enjoy music and am grateful as a traditional Catholic that I learned how to play organ.

I've played for Latin Masses a few times and find Gregorian chant to be amazing to sing solo. Admittedly, I'm not the best at singing either; it's decent. That all being said, I remember I quit playing about a year ago. Not really no purpose, it wasn't like I decided at a point in time to never play again; I just kept putting it off and then never went back to it.

I put many man hours playing and so I supposed I owe it to myself to practice occasionally so I don't completely lose my ability. As I said before, I sucked. When I stopped playing, I remember it felt like this cloud was lifted from my head. I did take lessons from some lady who taught me wrong and then I met this guy who corrected all my errors. I don't hold grudges, but I never really forgave her for teaching me wrong. But I really should seat maybe once a week and just pluck away.

Digression aside, the reason I felt stress relief after I stopped playing was, I felt always in a competition with myself to do better. And truth be told, I never really got any better. I would take me a month to learn one song, and that's hours of practice. It just became too time consuming and stressful.

Links

Musician: https://www.nytimes.com/2020/10/21/arts/music/keith-jarrett-piano.html
Archive: https://archive.vn/E4Igo

True: https://twitter.com/realsickofthis/status/1319174766574604288
Archive: https://archive.vn/YSUtz